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Testing or strike

EDUCATION

EQAO to start as work-to-rule action gears up



Haley Ritchie
Metro | Ottawa

Time is ticking if the Ontario government wants elementary school students to complete standardized EQAO testing for 2015.

The Elementary Teachers' Federation of Ontario announced details Friday for the union's "work-to-rule" campaign.

While extracurricular activities will continue for now, teachers won't provide comments on report cards and will not oversee the EQAO testing.

Peter Giuliani, president of the Ottawa-Carleton Elementary Teachers' Federation, said the union won't rush into a strike and the work-to-rule actions have

a limited the impact on students.

"If you've seen a standardized report card produced in the last 15 years, they tend to be extremely jargon-oriented," said Giuliani. "The truth is any parent with a child who is having difficulties, any teacher is in touch with the parent well before the report cards."

EQAO testing in Ottawa schools is scheduled to begin May 25 and continue for two weeks. It's the first year that students enrolled in full-day kindergarten will be old enough to take it.

The union has said that caps on class sizes and attempts to mandate what teachers should be doing with their prep time are bargaining issues.

Teachers still have the option of ramping up the strike efforts. While a walkout is still an option, Giuliani said it's not something the union would rush.

"Walking out right before summer or during summer makes no sense," he said.



May sorry for Khadr remarks

Transport Minister Lisa Raitt, left, prompts Green Party Leader Elizabeth May to end her speech about former Guantanamo Bay prisoner Omar Khadr Saturday at the annual Parliamentary Press Gallery dinner. As she left, May said "Omar Khadr, you got more class than the whole (expletive) cabinet." She has since apologized for the comments. FRED CHARTRAND/THE CANADIAN PRESS

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Record numbers at Comiccon

POP CULTURE

Organizers had to expand parking and security staff



Joe Lofaro
Metro | Ottawa

They came, they saw, they conquered.

Nearly 40,000 cosplayers and pop culture fanatics crushed last year's attendance for the fourth edition of Ottawa Comiccon over the weekend, which saw guests like Paul Wesley, Will Wheaton and Jonathan Frakes draw huge crowds.

The event, which takes place annually at the Ernst and Young Centre, has become so popular that organizers had to double their parking staff and beef up their police presence to manage traffic around the venue.

Inside the venue, fans were getting their geek on dressed up as their favourite comic book or video game character, as they gushed in the line-up to meet stars like MacGyver's Richard Dean Anderson or The Flash's Robbie Amell.

Jodi Rankin is used to seeing Billy Boyd as a shaggy hobbit in the Lord of the Rings trilogy, but on Saturday she saw the Scottish actor up close in a celebrity Q & A.

"Actually he went on this five-minute tangent during his panel about his potato scones and he said the recipe," she said.

"So today we went to get his autograph and I said I haven't tried the potato scones yet. I don't remember the ingredients. I just took the photo (with him) and he wrote on the back of it the whole recipe!"

That's the magic of Comiccon and it's what keeps people like Rankin coming back every year. Some even made it into a Mother's Day treat for their mothers.

"I love it. I love seeing the costumes, dressing up, seeing the celebrities. Being able to talk to them a little bit is fun," said Rankin.

Some of the most anticipated attractions this year was a Q & A with Liam McIntyre from the TV series Spartacus, a Q & A session with Jonathan Frakes and Marina Sirtis from Star Trek: The Next Generation, as well as workshops on cosplaying.

Organizers will announce Monday the total number of attendees to the 2015 event.



An Incredible Hulk cosplayer with kids at Ottawa Comiccon on Sunday. JOE LOFARO/METRO

Metro asks: What character are you dressed up as and why?



He's still a cartoon, he's still a comic. So for Comiccon, why not? It's kind of like a tongue-in-cheek superhero in itself.

Pat Kelly as Duff Man



I'm a big fan of (Jim) Carrey's work and I've been following his career. I'm an actor so I try to get myself out there. It makes people laugh.

Simon Fontaine as Ace Ventura: Pet Detective



To me, he's a likeable character and he's very bad. He's a bad ass. A good guy is not as fun. I prefer a bad guy.

Huy Trinh as Magneto



I just love DC (Comics) and Marvel and all of it so it's really fun to get in character and everyone takes your picture ...

Gillian Barry as Harley Quinn



I grew up watching all the Batman movies so when they had Jim Carrey be The Riddler I loved him ... He's one of my favourites.

Karin Kundu as The Riddler





21-year-old Kaitlyn Stromgren is riding her horse Whiskey all the way to her hometown of Kelowna, B.C. LUCY SCHOLEY/METRO

Hoofin' it across the country

TRAVEL

Kaitlyn and Whiskey are riding more than 4,000 km



Lucy Scholey
Metro | Ottawa

With light camping gear packed on his back, Whiskey anxiously nibbles at the bear spray bottle in Kaitlyn Stromgren's fanny pack.

The mixed-breed brown horse with a shaved Mohawk mane is antsy to keep moving along the covered bridge in Wakefield, Que. Stromgren, a 21-year-old from Kelowna, B.C., is horseback riding more than 4,000 km across Canada.

"I'm doing it because life is short," she said.

It's Day 9 of the journey, which Stromgren is documenting on her blog, *One Girl, One Horse, One Country*. The pair started in Mirabel, Que., where Stromgren had been living. She had moved to Montreal, with dreams of the big-city life, but realized she was better suited to the country. But Mirabel was not for Stromgren, either.

"Things weren't going well. I've got better things to do with my life than living in a little Podunk town barely making ends meet," she said. "I'd much rather do something extraordinary. I'd call this pretty extraordinary."

And Whiskey, who was trucked out to Quebec when

Stromgren moved, was up for the challenge. The pair has been walking more than 20 km a day but that will likely increase as Whiskey tones up. Stromgren is hoping they'll land in Kelowna by mid-October.

Apart from regular light camping gear — including a little stove, sleeping bag and tent — Whiskey carries a bucket for water and a little grain to eat twice a day. They also stop every hour to graze.

"I've been sleeping in the woods along the way and I've been taking offers of places to stay," Stromgren said, wearing a helmet and light floral scarf she recently bought at a flea market for sun protection.

Stromgren has been horseback riding her whole life and acquired Whiskey, a rescue horse, when she was 14 years old. He's now 16.

"The first time I hopped on his back to try him out, when I went and saw him, he took off ... and started bucking," she said. "I said, 'Perfect, he's exactly what I want.'"

Seven years later, he's calmer, but still stubborn, and sometimes has trouble walking in a straight line. However, he does not flinch when Stromgren takes him down the highway.

While riding through the village of Wakefield, Que. on Friday, Stromgren and Whiskey drew smiles and curious stares from locals.

"Everybody is just sort of stunned that it's happening," she said.

Stromgren said she has yet to tell her mom about her four-legged journey.

DEVELOPMENT

Walmart stores to replace Targets

Walmart Canada has announced that it will be opening two new stores in Ottawa, adding to the city's five existing locations.

The retail giant will be taking over the former Target stores at Billings Bridge and Bayshore mall. The two purchases are part of a larger plan for Walmart to buy 13 former Target locations across Canada. The renovations are expected to start in a few months after court approval.

The new stores may help off-set the job losses the city

saw after Target pulled out of Canada in April. Walmart said it plans to employ 2,400 people across the 13 new stores.

An additional 1,000 jobs will be created by plans to open a distribution centre in Cornwall.

HALEY RITCHIE/METRO

MISSING THE MARK

Target decided to pull out of Canada earlier this year, following surprisingly poor sales blamed on low stock and higher prices than many Canadians expected. The U.S. retail chain announced

it would close all of its 133 Canadian locations in January. Five locations in Ottawa closed, plus one in Gatineau and one in Smiths Falls. Around 17,600 people lost jobs across the country.

IN BRIEF

Wanted: Buses (but not school buses) to shuttle Ceremonial Guard

Anyone with a bus looking for a little work this summer can apply for a new government contract.

The Department of National Defence is looking for five buses and drivers to shuttle the Ceremonial Guard between Carleton University and the downtown drill hall at Cartier Square this summer.

But there's one stipulation: no school buses allowed.

lowed.

"Since the buses are used for extremely high-profile public events on Parliament Hill, Rideau Hall and other locations," a government tender says, "under no circumstances are the standard white or yellow school buses acceptable. Outside appearance is to be of neutral colour."

The Defence Department would prefer their buses have tinted windows and a luggage com-

partment with a mattress inside to keep the guards' equipment from getting damaged.

Four of the buses will drive the guards from Carleton University — where they practice their marches — to Cartier Square and back again.

A fifth bus will bring guards to Rideau Hall and the National War Memorial.

The contract runs from June 27 to Aug. 22.

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+ BACKGROUND**A list of public consultations and expert panels recently launched in Ontario:**

- **Jan. 26:** Expert advisory panel on homelessness
- **Jan. 30:** Budget public consultations
- **Feb. 3:** Agri-food growth steering committee
- **Feb. 6:** Inviting public comment on moose conservation efforts
- **Feb. 11:** Expert review of Construction Lien Act
- **Feb. 17:** Public consultations on labour laws
- **Feb. 27:** Expert panel to review land use in Golden Horseshoe and Greenbelt and hold public consultations
- **March 3:** Expert panel to review mandates of the Financial Services Commission of Ontario and Deposit Insurance Corporation of Ontario
- **March 9:** Climate change action group
- **March 12:** Consultations on university funding reform
- **April 8:** Community consultations on improving Toronto District School Board
- **April 8:** Community Hub Framework Advisory Group to adapt assets in schools into community hubs
- **April 10:** Advisory panel to provide advice on requirements and inspections for the safety of existing buildings in Ontario, following Elliot Lake inquiry recommendation
- **April 10:** Expert panel to develop health-care plan for Scarborough and West Durham
- **April 14:** Long-term affordable housing consultations
- **April 20:** Gender wage gap steering committee
- **April 27:** Expert panel to review regulations of financial advisors and planners



The Liberal government of Ontario Premier Kathleen Wynne has launched at least 18 public consultations or expert advisory panels in a three-month period. THE CANADIAN PRESS

Province unleashes flood of consultations

PANELS

It's getting to be a bit much, opposition parties say

A recent flood of public consultations and expert panels announced in Ontario is raising the question: How much advice is too much advice?

In a three-month window, the Liberal government launched at least 18 public consultations or expert advisory panels, on subjects ranging from climate change to financial planners to moose conservation efforts.

Premier Kathleen Wynne has said it's "very important that government pay attention to people's opinions, that we engage with people, that we get feedback from people outside of government."

On Jan. 26, the government appointed 13 people to a panel determining how to end homelessness. During the next several weeks at least 17 more expert panels and public consultations were launched, up to the creation on April 27 of an expert panel to review regulations of financial planners.

It's getting to be a bit much, say Ontario's opposition parties.

"It's almost as if the government is completely indecisive

and can't make its mind up on issues, lacks its own expertise and wants to basically use these things as crutches," said Interim Progressive Conservative Leader Jim Wilson.

In many cases, Wilson believes, the government already knows what it wants to do and the expert panels are just "playing patsy."

Wilson raised the example of the government-appointed panel on asset sales — not included in the 18 recently announced — led by former TD Bank CEO Ed Clark. Originally supposed to examine assets such as the Liquor Control Board of Ontario, Ontario Power Generation and Hydro One, Clark's

report released last month was on beer sales and Hydro One.

There was no distinction between what Clark's panel recommended and the actions the government said it would take. Several of Clark's recommendations differed from his November interim report and Wilson suggested the Liberals directed him. Clark has disputed that suggestion.

Members of government-appointed panels are not paid a salary for their work, but travel and other expenses are reimbursed. For the climate change advisory panel the travel expenses are estimated to be around \$65,000 per year.

THE CANADIAN PRESS

ELEMENTARY SCHOOL

Pesticides still being cleared



Haley Ritchie
Metro | Ottawa

Residual odour from an unauthorized pesticide spraying at Charles H. Hulse Public School is taking longer to clean up than anticipated.

The elementary school was supposed to re-open on Monday — but now the school board says it will remain closed until May 25.

"The on-going ventilation process and construction projects at Charles H. Hulse Public School have taken longer than anticipated to complete," said a statement released from the board.

"Significant reconstruction has taken place in the daycare and two bathrooms along with extensive cleaning throughout the school."

The elementary school was closed April 21 after a number of staff and students complained about headaches, itching and watery eyes caused by an unusual smell in the building.

"The goal is to ensure that there is sufficient time for the odors of paint, floor wax, new carpet etc. to dissipate prior to welcoming staff and students back into their school," the statement said.

The school board has said they did not approve the use of the chemical — Propoxur, an ingredient in the pesticide Konk 400 — which was used to deal with cockroaches in several Ottawa-Carleton district schools.

Rentokil, the company contracted to spray the pesticide at Charles H. Hulse, has said that they followed all current regulations.

Some parents from the school are exploring legal options, according to Ottawa lawyer Lawrence Greenspon.

Students have been attending school at Parkwood Hills Public School since April 22.

GREENBANK ROAD

Man, 54, killed in collision, police say

One person is dead after a Mercury Cougar collided with a Toyota Tundra pickup truck on Greenbank Road on Saturday.

The 54-year-old driver of the Mercury was attempting to pass the truck, which was pulling a small trailer, when the two came into contact. The driver of the Mercury lost control of the vehicle and drove off the road before the car rolled onto its roof. The driver was pronounced dead on scene. The 26-year-old driver

of the Toyota was not injured.

The name of the Mercury driver has not been released by police at the request of the family.

The Ottawa Police collision unit is seeking witnesses who may have seen the collision or the two vehicles involved prior to the collision.

Anyone with information is being asked to contact the Ottawa Police Service Collision Investigation Unit at 613-236-1222, ext. 2481. **HALEY RITCHIE/METRO**

CRIME

Ottawa police charge two Montreal men after investigation into auto theft ring



Joe Lofaro
Metro | Ottawa

Ottawa police busted an organized auto-theft network in Ottawa after 25 Toyota and Lexus vehicles worth more than \$800,000 were stolen from private driveways across the city last year.

With the assistance of Gatineau police, the RCMP National

Port Enforcement Team, and the Canada Border Service Agency, investigators laid 100 charges against two Montreal men.

Police say the vehicles were stolen between April and September of 2014.

Erik Poulin, 34, was arrested on March 3 and is facing several charges including theft of a vehicle, possession of break-in instruments, attempted theft, possession of property obtained

by crime.

Joel Pilon, 27, was also arrested on March 3 and is facing charges of theft of a vehicle, possession of break-in instruments, and theft over \$5,000.

Pilon pleaded guilty to numerous charges and was sentenced to three years' custody and fined \$11,000.

Poulin's matter is still before the courts. He has been released with strict conditions, according to police.

+ BACKGROUND

Six of the stolen vehicles were recovered in shipping containers at the Port in Montreal, police say, while the remaining vehicles are believed to have been shipped overseas, "re-vinned" and sold domestically or dismantled for parts.



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Moms skip lazy day for 10K race

HEALTH

Run for CHEO a great Mother's Day present: Participant



Joe Lofaro
Metro | Ottawa

Sisters Elaine and Chantal Chatigny skipped the lazy Mother's Day morning with their kids and hit the pavement bright and early Sunday to sweat out a 10-kilometre race through Ottawa.

More than 2,000 other runners participated in the Sporting Life 10K, which made its debut in Ottawa on Sunday, modeled after the successful run in Toronto which marked its 19th year.

Proceeds from the Ottawa run are going to the Children's Hospital of Eastern Ontario's oncology program.

"It's a great Mother's Day present," said Chantal, 51, at the finish line on Colonel By Drive.

"Showing your kids you're being healthy. We're doing this for ourselves and for our children, and for future children to be healthy."

Being a diabetic with weight issues made being physically active a daily struggle for Chantal. A gastric bypass helped her shed 100 pounds and she has been running ever since.

"If I can do it, anybody can. I used to weigh almost 300 pounds. I have my greatest supporter — my sister," she said.

She also wanted to support CHEO which provided her son with "extraordinary" care when he fell seriously ill, she said.

Money raised from the event will help make life a little easier

for kids suffering from cancer, according to Dan Champagne, vice president of the CHEO Foundation.

"In some cases these poor sweethearts are literally in isolation for weeks and months at a time. Some of those kids spend a year of their life at CHEO," he said, watching runners cross the finish line.

In a city that is already replete with runs in the spring and summer months, Sporting Life marketing head John Roe said he was impressed with the turnout on Sunday.

The Toronto run has turned into a massive fundraising endeavour which drew in more than 27,000 ran and helped raise \$2 million.

Ottawa runners are expected to raise approximately \$50,000 for CHEO this year.



We're doing this for ourselves and for our children, and for future children to be healthy.

Chantal Chatigny, on her reasons for participating



Sisters Elaine and Chantal cross the finish line at the Sporting Life 10K run Sunday. JOE LOFARO/METRO



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Currency seizures on the rise

CRIME

Number of confiscations increased 28% in 2014 alone

The number of people stopped by border officials and found with undeclared cash at border entries is on the rise as Ottawa steps up efforts to crack down on money laundering by criminal and terrorist groups.

Last year alone, Canada Border Services Agency (CBSA) reported 1,429 seizures and confiscated \$24.5 million, amounting to a 28 per cent increase from 2013 when \$19 million was seized in 1,117 incidents. In addition to the undeclared cash seized, CBSA also took possession of \$3.7 million in suspected proceeds of crime last year, twice the amount from the year before.

The money, if the seizure is not appealed by the owner, is forfeited to the Crown as government revenue. According to data obtained by Torstar News Service, Ontario — especially

Greater Toronto — is the epicentre of these activities, with travellers in and out of the province accounting for \$8.7 million and \$9.6 million of the seized currencies in 2013 and 2014 respectively.

Meanwhile, Ontario also got a lion's share of the suspected proceeds of crime confiscated, \$848,979 and \$2.4 million in the two years.

"Money laundering and terrorist financing are international problems. Money laundering in Canada alone is estimated to be in the billions of dollars," said CBSA spokeswoman Wendy Atkin. "While currency seizure statistics vary from year to year, the CBSA can tell you that its officers are committed to enforcing Canadian legislation ... as it applies to the border."

While observers believe China's crackdown on corruption in recent years may have contributed to the influx of so-called "dirty money" into Canada, ignorance and misconception among Canadians also plays a role in people not declaring the amount of cash they carry through the border.

Under the Proceeds of Crime



Last October, Canadian border officials found duct taped packages of more than \$1.3 million in undeclared currency at the Queenston-Lewiston bridge in southern Ontario. TORSTAR NEWS SERVICE

(Money Laundering) and Terrorist Financing Act, said CBSA, there are no restrictions on the amount of currency a person can bring into or take out of Canada. However, any amount valued at \$10,000 or more must be declared at customs.

Atkin said there are four levels of seizure, leading to a fine ranging from \$250 to \$5,000.

However, in cases involving suspected proceeds of crime, no money will be released.

Tax litigator Daniel Kiselbach has seen a 20 per cent increase in inquiries from Canadians desperate in getting their seized money back from the government.

Although CBSA has an internal appeal process, he said the "redress officers" must be satis-

fied with the proof of the source of the money.

According to CBSA, \$6.7 million in undeclared money and \$834,144 in proceeds of crime was seized across Canadian borders from Jan. 1 to April 15 this year, including \$2.9 million in unreported cash and \$127,960 in "dirty money" confiscated in Ontario. TORSTAR NEWS SERVICE

+ DETAILS

Four levels of currency seizure

1: The currency is returned after a \$250 penalty when the money has not been concealed and the individual makes a full disclosure of the facts following its discovery.

2: The currency is returned following payment of a \$2,500 penalty when the money is concealed in a method other than a false compartment or if the individual has already had a previous currency seizure against them.

3: Currency is returned upon payment of a \$5,000 penalty when the currency is concealed in a false compartment or if the individual is a repeat offender.

4: There are no terms of release if officers believe that the currency is the proceeds of crime.

CANADA BORDER SERVICES AGENCY

IN BRIEF

PQ race down to three candidates

The Parti Québécois leadership race is down to three candidates after the withdrawal of Pierre Cere.

In a news conference Sunday, Cere said he was dropping out after failing to raise a \$10,000 payment he needed to stay in the race.

He described himself as "very proud and happy" with his campaign.

"With fewer resources, we had a campaign that really carried," he said.

THE CANADIAN PRESS

Toronto man charged with murder of mother of three

Police in Toronto say a young girl who returned home from school to find her mother fatally stabbed alerted them to a "despicable and incredibly cowardly" homicide.

Det. Sgt. Steve Ryan says Allen Lascelles, 51, is charged with first-degree murder in the death of 31-year-old Suraiya Gangaram on Friday.

Ryan says Lascelles dated Gangaram on and off for two years before the relationship ended in 2014 after Lascelles was arrested and charged with domestic assault. THE CANADIAN PRESS

LEGISLATION

Changes coming to gun-licensing rules

New Conservative legislation that changes the gun licensing system cleared a House of Commons committee last week and is on track to become law before the summer recess — and a likely fall election.

Bill C-42, dubbed the Common Sense Firearms Licensing Act, has drawn criticism even within the sport-shooting community but nonetheless remains a target for Conservative get-out-the-vote efforts, especially in rural Canada.

Ian Avery, president of the Nova Scotia Federation of Anglers and Hunters, said that while "the rhetoric has died down quite a bit" around the gun control issue since the long-gun registry was abolished in 2012, it remains a top concern for the firearms community.

"It is still a vote-mover and it is still a vote-getter for the Conservative party," said Avery. The latest legislation has had a somewhat rocky ride.

Introduced last Oct. 7, it was set to be debated in the Commons the day after a lone gunman shot dead a ceremonial guard at the National War Memorial and then stormed Parliament Hill, where he died in a hail of bullets. Needless to

+ BILL C-42

The Conservative House leader's office says it expects the bill to become law before the summer recess, scheduled for June 24. An anticipated Oct. 19 election means any bills not passed in the spring will die on the order paper.

say, it was not an opportune time for a government bill that relaxes some gun licensing measures.

The legislation was quietly resurrected late last month and rushed through committee, from which it emerged with only a single, minor housekeeping amendment on Wednesday.

The bill removes some of the paperwork and penalties for gun licensing and transportation, provides a six-month grace period for lapsed licenses, gives cabinet decision-making power over how guns are classified, makes mandatory gun prohibitions for violent offenders and domestic assaults, and makes it compulsory to pass a firearms course in order to be licensed. THE CANADIAN PRESS

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VATICAN RAUL CASTRO THANKS POPE FOR CUBAN-U.S. DETENTE Cuban President Raul Castro waves as Pope Francis, background, looks on, at the end of a private audience at the Vatican, Sunday. Castro paid a call on Francis to thank him for working for Cuban-U.S. detente — and said he was so impressed by the pontiff he is considering a return to the Catholic church's fold. FABIO FRUSTACI/ANSA VIA THE ASSOCIATED PRESS

Two officers shot, killed at traffic stop

MISSISSIPPI

Three suspects arrested

Two Mississippi police officers were shot to death during an evening traffic stop turned violent, a state law enforcement spokesman said Sunday. Three suspects were in custody, including two who are charged with capital murder.

The deaths of the officers — the first to hit Hattiesburg in three decades — were felt far and wide in this small southern Mississippi city. Gov. Phil Bryant released a statement saying he was mourning the loss of the officers.

"This should remind us to thank all law enforcement for their unwavering service to protect and serve. May God keep them all in the hollow of his hand," Bryant said.

Warren Strain, a spokesman for the Mississippi Department of Public Safety, said Marvin Banks, 29, and Joanie Calloway, 22, were each charged with two

counts of capital murder. Banks was also charged with one count of being a felon in possession of a firearm and with grand theft for fleeing in the police cruiser after the shooting, Strain said.

“He wanted to become an officer because we’ve seen so much of our peers get killed or end up in jail ... He was talking all the time about how he wanted to do better and make the place better.”

Jarvis Thompson

"He absconded with a Hattiesburg police cruiser. He didn't get very far, three or four blocks and then he ditched that vehicle," Strain said.

Banks' 26-year-old brother, Curtis Banks, was charged with

two counts of accessory after the fact of capital murder.

The three Hattiesburg residents were arrested without incident at different locations overnight following the shooting, Strain said. They were expected to face initial court appearances Monday. The three were being held at undisclosed jails in the state and could not be reached for comment.

Lt. Jon Traxler, a Hattiesburg Police Department spokesman, identified the officers who died as Benjamin Deen, 34, and Liquori Tate, 25. Local reports identified Deen as a past department Officer of the Year, and Tate was a newcomer to the force who Strain said was a 2014 graduate of the law enforcement academy.

Tate grew up in a tough part of Starkville, 240 kilometres north of Hattiesburg, and decided to become a police officer so he could make a difference in the black community, said Jarvis Thompson, who knew him from childhood in church.

THE ASSOCIATED PRESS

PHILIPPINES

Thousands evacuate as typhoon hits

A powerful typhoon slammed the northeastern tip of the Philippines on Sunday, as 2,500 residents in two provinces huddled in shelters after evacuating coastal and mountainous villages.

Typhoon Noul, packing winds of 185 kilometres per hour and gusts up to 220 km/h, made landfall in Cagayan province's coastal town of Santa Ana late Sunday afternoon and was moving northwest at 17 km/h, the government's weather bureau

said. About 2,500 residents were evacuated to safer grounds in Cagayan and Isabela provinces. No casualties or damage were reported, said Norma Talosig, the civil defence regional director. "Hopefully it brings only rain because we need rain," she said.

Public works personnel were using chain saws to clear roads of fallen trees in Cagayan's Gonzaga town, DZMM radio reported. Some towns in the province were without power.

THE ASSOCIATED PRESS

SEVERE WEATHER

Snow, tropical storms strike United States

South Dakota was the centre of weather extremes Sunday, with a tornado hitting a small town on the eastern side of the state and more than a foot of snow blanketing the Black Hills to the west.

It was among several Great Plains and Midwest states in the path of expected severe weather. Nearly 18 inches of snow fell in southern Colorado, a state that also saw hail, flooding and tornado warnings over

the weekend.

Tropical Storm Ana made landfall near Myrtle Beach, S.C., on Sunday morning and was downgraded to a tropical depression by Sunday afternoon.

In North Texas, sparsely populated ranching and farming communities were left to clean up from Saturday's tornadoes that left one person dead and another in critical condition, authorities said.

THE ASSOCIATED PRESS

IN BRIEF

Boats carrying over 500 migrants from Myanmar wash ashore in Indonesia

Boats carrying more than 500 members of Myanmar's long-persecuted Rohingya Muslim community washed ashore in western Indonesia on Sunday, with some people in need of medical attention, officials and a non-profit organization said. They warned that thousands more are believed to be stranded at sea. Of the four boats found, three had apparently been abandoned by the smugglers and the other ran out of fuel, he said. THE ASSOCIATED PRESS

Five dead after shooting in northern Swiss town

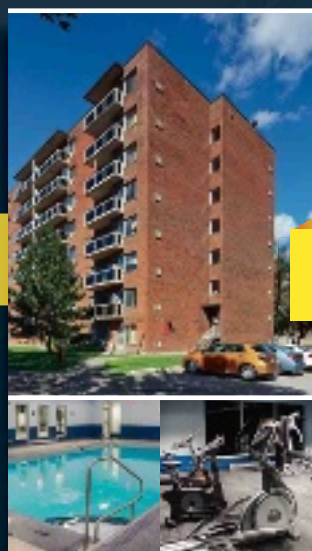
Five people have been found dead after a shooting in northern Switzerland that may have resulted from a family dispute, police said Sunday. The dead included the suspected gunman.

Residents heard shots in the small town of Wuerenlingen northwest of Zurich shortly after 11 p.m. Saturday, leading police to find five bodies in a residential neighbourhood.

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Survivors mocked as 'Boko Haram wives'

NIGERIA

Girls recently freed may soon face ridicule and suspicion

The taunts wouldn't stop. "Boko Haram wives," the schoolgirls were called because they had been briefly held by Nigeria's Islamic extremists before escaping. The teasing was so relentless that some of the Chibok girls left their town and families.

Their plight does not bode well for hundreds of girls and women recently rescued from the clutches of Boko Haram after months of captivity. Many of them are now pregnant.

After enduring captivity by the militants, the women may now face stigma from their communities.

"The most important thing is to restore their dignity," the executive director of the United

Nations Population Fund, Babatunde Osotimehin, told The Associated Press in a telephone interview from his office in New York.

That will be a challenge, going by comments made last week by Gov. Kashim Shettima of Borno, the home state of Boko Haram and the one most affected by the nearly six-year-old Islamic uprising that has killed more than 12,000 people and forced more than 1.5 million from their homes.

"I am seriously worried with the fact that most women tend to hate and abandon children they deliver from rape. Now, the problem is that these children could go to the streets unattended to. They then lack access to food, health care and education.

"The result is that they could indeed inherit their fathers' (ideology) somehow," Shettima told government officials, according to the Nigerian press.

THE ASSOCIATED PRESS



In this photo taken in July 2014, schoolgirls who escaped abduction from the Chibok government secondary school arrive for a meeting with Nigerian President Goodluck Jonathan in Abuja, Nigeria. THE ASSOCIATED PRESS FILE

YEMEN

Rebels accept five-day ceasefire

Yemen's Shiite rebels and their allies in the country's splintered armed forces said Sunday they would accept a five-day humanitarian ceasefire to allow aid to reach civilians after more than a month of airstrikes from a Saudi-led military coalition.

The ceasefire, scheduled to begin Tuesday, would help ease the suffering of civilians in the Arab world's poorest country, who increasingly lack food, fuel and medicine since the bombing campaign began March 26.

However, all sides in the conflict have warned they will retaliate if the ceasefire is broken.

On Sunday, state news agency SABA, which is under the control of the Shiite rebels known as Houthis, quoted Col. Sharaf Ghalib Luqman as saying rebels in the armed forces agreed with the ceasefire. The Houthis earlier issued their own statement saying they will cooperate with the ceasefire and

urging a return to dialogue.

Meanwhile, Saudi-led strikes have continued, with a residence of former president Ali Abdullah Saleh targeted Sunday in the capital.

Saleh appeared on television afterward standing in front of

the ruins. He urged Yemenis to remain steadfast in the face of Saudi aggression and to beware of spies among them. He also urged a return to dialogue.

Saleh and his loyalists are al-

lied with the Houthis, who are also backed by Iran.

The Houthis also said in a statement that the coalition naval blockade prevented merchant ships carrying food from docking in the port of Hodeida.

Medical officials said some 70 wounded were evacuated from Aden onto a ship where they will be treated, with some severe cases being brought to Saudi Arabia.

THE ASSOCIATED PRESS

1,400

The raging conflict in Yemen has killed over 1,400 people — many of them civilians — since March 19, according to the United Nations.

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China cuts rates to lift slow economy

ECONOMY

Interest on deposits falls to 2.25%, loans down to 5.10%

China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's

sluggish economy.

Citing "downward economic pressures," the People's Bank of China said it would cut the rate on a one-year loan by commercial banks by 0.25 percentage points to 5.10 per cent. The interest rate paid on a one-year deposit was lowered by 0.25 points to

1.5%

China's inflation rate rose to 1.5 per cent in April, up from 1.4 per cent in March.

2.25 per cent.

Rates were also cut on November 22 and then again on March 1. The new rates take effect Monday.

The cuts follow reports that trade in April shrank more than expected and that factory employment was weak.

Beijing has introduced a string of tax reductions and other measures aimed at proping up growth.

The latest cuts are expected to reduce financial costs for state companies and are a signal to state-owned banks to boost lending. The world's second-largest economy grew 7.4 per cent last year, the lowest growth in more than two decades. THE ASSOCIATED PRESS



Chinese paramilitary policemen stand on duty outside the People's Bank of China in Beijing. THE ASSOCIATED PRESS FILE

GREEK ECONOMY

Germany warns of sudden insolvency

Germany's finance minister says his country will do everything it can to keep Greece in the eurozone under "justifiable conditions."

Eurozone finance ministers will meet on Monday amid slow-moving talks on a deal with Greece's creditors.

Finance Minister Wolfgang Schäuble told Germany's Frankfurter Allgemeine Sonntagszeitung in an interview published Sunday he doesn't think "everything will be cleared up by then." He said

the atmosphere has improved in talks, but there hasn't been much substantial movement.

Schäuble said Chancellor Angela Merkel "knows that we must do everything to keep Greece in the eurozone under justifiable conditions. It must not fail because of us."

Schäuble said he doesn't have a clear picture of Greece's finances. He added: "Experiences elsewhere in the world have shown that a country can suddenly slip into insolvency."

THE ASSOCIATED PRESS

SYRIAN REFUGEES

U.S. to give Jordan \$25 million in wheat

The United States is giving Jordan about \$25 million US worth of wheat for resale, with the money to be used for improving agricultural productivity.

The U.S. agriculture secretary, Tom Vilsack, and Jordan's planning minister, Imad Fakhoury, signed the agreement involving 100,000 met-

ric tonnes of wheat Sunday.

Vilsack said in a statement the food assistance is meant to help ease the economic burden Jordan faces as it hosts more than 600,000 Syrian civil-war refugees, out of nearly 4 million who fled to neighbouring countries in the past four years.

THE ASSOCIATED PRESS

IN BRIEF

U.S. Senate to debate Obama's trade agenda

As the Senate prepares to debate his trade agenda, U.S. President Barack Obama is sharpening his criticisms of a vocal opponent on the left.

The president said Sen. Elizabeth Warren is politically motivated in fighting his efforts to obtain "fast track" authority to negotiate trade agreements that Congress can accept or reject but not change.

Obama said Warren is wrong in criticizing an element of trade deals called

investor-state dispute settlement, or ISDS, that allows foreign companies to sue national governments in special tribunals if the companies feel they were harmed by violations of free-trade agreements. Warren and others say ISDS can let multinational corporations seek huge payments while sidestepping traditional courts.

The Senate faces a key procedural vote Tuesday, and full debate on trade can't proceed unless 60 of the 100 members agree to it. THE ASSOCIATED PRESS

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MYMETRO

Jenn Abrams, Vancouver

What are you up to?
I'm on my lunch break.

What's your job?
I'm distribution manager for the luxury travel website Kiwi Collection.

What's the best thing about Vancouver?
The best thing about the city is the great food from all over the world.

What are you reading or binge-watching right now?
I'm watching Game of Thrones and reading The Case for Make Believe (by Harvard child psychologist Susan Linn).

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.



ROSEMARY WESTWOOD

metroview

"Omar Khadr's inner life will remain a mystery to us."

Humble words. Trimmed beard. A dimple.

We've seen the redeemed Omar Khadr, looking nervous and happy, dressed in jeans that seem too big.

Now free, and free to speak, Khadr is attempting to write his story from his own vantage point, to show Canadians "I'm more than what they thought of me."

Canadians are enthralled. There was a wave of welcome-home tweets Thursday, when he was released on bail after spending 13 years in jail, 10 of them in Guantanamo Bay. People said they teared up as they watched him, articulate and soft-spoken in front of a scrum of reporters. Some called the scene "beautiful" and complimented his smile.

We are, it seems, charmed.

But despite the myth-making that will now begin in earnest, about a teen who ran with a terrorist crowd and became the poster boy for the treatment of child soldiers, we will never really know Khadr.

In conservative circles (and to our prime minister), Khadr is still nothing but a dangerous terrorist. For child-soldier activists, he is a victim, indoctrinated into al-Qaida at the age of 13 by his father.

Khadr has spoken of remorse for throwing a grenade that killed a U.S. army medic. He rejects extremist views, he said. He wants a normal life, an education. "I will prove to

them I'm a good person," he said. "Give me a chance."

We seem willing. But no matter how he now shapes his future, the profiles, biographies or documentaries made, his inner life will remain a mystery to us — as with all public figures.

"Only Mr. Khadr can truly know if the changes he purports to have made in his religious belief system and world view are genuine," said a psychologist who interviewed Khadr, as reported by Maclean's.

An acquaintance of mine, watching the video of Khadr interviewed outside his lawyer's home in Edmonton, said that Khadr spoke with "the innocence of a child."

"It's like you can actually witness a veil of darkness lifting for him despite the past."

That is what the joy at Khadr's release is really about: not the man, but our own need to see justice done. Our own need to redeem ourselves, and our country, for not fighting to free him from Guantanamo Bay.

Our desire, too, to know that hope and humility can spring up in the most vile of places, and that people — even purported terrorists — can be redeemed.

"I'm excited to start my life," Khadr told the press. "There's nothing I can do about the past, but I hope that the future can, I can do something about the future."

An ode to carefree, carless commuting

COLLINS' CAPITAL

Steve Collins



We all live in the same city but experience our own version of it. If, like me, you spend more time on the Transitway than the Queensway, for example, you're still in the minority.

According to the 2011 National Household Survey, the car was still king in Ottawa, with 67.7 per cent of morning commuters getting to work by private automobile.

Transit riders comprised 21.8 per cent of the morning rush, walkers 7.1 and our hardy cyclists 2.4, the third-highest rate in the country after Victoria's 5.9 and Kelowna's 2.6.

We may be car-bound, but we're in our cars less than

the rest of the Canadian cities surveyed. Montreal (69.8) and Toronto (69.9) also did well. In multi-lane Abbotsford-Mission, B.C., the rate of car commuting was 92.2 per cent.

Which brings me to my lonely, obsolete parking spot. It came with my house and mostly serves as a paved puzzle since I don't have a car. Pitching a tent on it for urban camping or blasting it up with a jackhammer to plant cucumbers seems ill-advised, so it lies fallow.

On occasion, it serves as a refuge for the less fortunate: namely, friends saddled with cars that suddenly don't fit with their plans.

This week, it's a couple from out of town flying out on vacation. Do you know, they fumed, what they charge you to park at the airport for a week? Um, nope, I don't. (It is extortionate).

And that's why I don't have a car: I'm not so much greener-than-thou as simply cheap. I can think of countless other uses for the \$10,000 or so it takes to keep one on the road for a year.

The pitch for car-sitting is always magnanimous: would I, humble pavement-pounder, enjoy the use of a vehicle for a while? But really, it's the car that needs a place to stay. A friend with surplus wheels is a friend in need. And as carless, chronic ride-moochers, we always owe favours.

I'm happy to see the parking space get some use. To accommodate my vacationing friends, I had to make sure another automotive guest, coming to the end of a three-month residency, would be cleared out in time. Its owner had bought a replacement and needed to park the old one pending its disposal.

He, too, suggested I might benefit from the loaner car, but it didn't see much action. I did a couple of errands and one day trip, during which my automotive survival instincts atrophied and I managed to get popped for speeding.

The car is not my daily world anymore. I view the trials of parking and the time-traps laid by construction as someone else's problem. The price of gas is a matter of the idlest curiosity. So for the few days remaining in this round of car-sitting, the car will mostly sit. Still, it's nice to grant my friends temporary freedom from wheels. There's always a chance they'll develop a taste for it.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

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The need for mead

GAME OF THRONES

Retro beverage back in vogue thanks to hit show

Brian Gasperek
For Metro | Life

Game of Thrones seems to be the gift that keeps on giving for its hipster-fan demographic. In addition to delivering some solid reading material, and one of the strongest shows on cable, the George R.R. Martin fantasy drama has also provided the cool kids with a thirst-quenching opportunity to indulge in something retro — really retro: Mead.

Just like their favourite medieval heroes and villains from Westeros, it appears that hip Thrones fans have taken to ironically consuming the show's boozy beverage of choice. Yep, that's about as vintage as you can get.

"It's great to see such excitement," said Michael Fairbrother, American Mead Makers Association president and founder of New Hampshire's Moonlight Meadery. "For the last few years, every time I would visit a different market and it was around the time of the new Game of Thrones episodes being released, the buyers would start telling me how many

consumers would come in and mention they were going to have a Game of Thrones night with mead."

Mead in its simplest explanation is a beer-tasting alcohol made by fermenting honey and water together. Once viewed as the drink of deities, mead's origins can be traced all the way back to ancient Egypt, China, Greece and Rome. It was hugely popular in the Middle Ages, but died a fast death when sugar became the more popular sweetening alternative and beer and wine took centre stage as better-tasting party favourites. That is of course until Thrones made it trendy again.

"I tried mead when I was in the U.S.," said diehard Game of Thrones fan and mead dabbler Ben Cohen, who lives in Toronto. "It actually tastes pretty good. Just like honey, but not as sweet. I once tried to make it with some friends, too ... but that tasted like crap."

Sure, mead has been present in a variety of popular works over years such as Beowulf, Lord of the Rings, The Hobbit and Harry Potter, but its sales were always reliably static. Since Game of Thrones'

debut on HBO in 2011, however, sales have skyrocketed, getting mead makers pretty darn pumped.

"We are calling it the 'renaissance of the Renaissance,'" said Cherie Andrews of Chinook Arch Meadery in Alberta. "The rise in popularity has been a welcome boost for those of us that have been producing it for many years."

The numbers don't lie. According to the Annual Mead Industry Report by the American Mead Makers Association, the retro booze has experienced a 128 per cent increase in production between 2012 and 2014, with its manufacturing rising to 144,000 gallons from 62,000 gallons. That's a lot of mead!

Not only that, the desire to make the stuff has skyrocketed, too. When Colorado's Mazer Cup (the largest international mead competition) started back in 2008, there were 200 home entries and 125 commercial entries. This year, the number has grown to 400 home entries and 350 commercial entries. Coincidence? I

think not.

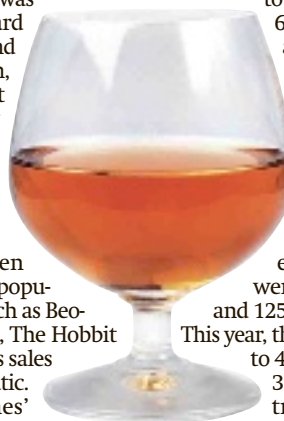
"I'm very excited," said Fairbrother. "With a youthful, hipster demographic, it means that finally the resurgence of mead is hitting mainstream, and will continue to grow."

Andrews agrees. "The exciting thing about engaging younger, hipper consumers with mead is multifaceted," she said. "Not only is it a demographic that includes men and women equally but they really don't have preconceived ideas of what mead should be like. They just love it for what it is."

So as Canadians who want to join the hip retro trend of drinking like the Starks and Lannisters, where can we try the stuff? The answer should be as simple as your local liquor stores that carry flavoured mead options by small Canadian meaderies like Trafalgar Ales & Meads from Ontario and Tugwell Creek Honey Farm and Meadery in B.C.

As it turns out, Canada is actually home to more than 30 meaderies from coast-to-coast, way up from the four that existed in the mid-2000s.

So next time you're looking to kick back and sip on adult refreshments, perhaps try going the retro route like Cersei and Jaime, and crack open a mead. Warning: Too much mead may cause dragon sightings.



+ WHAT'S THE DIFFERENCE BETWEEN BEER AND MEAD ANYWAYS?

So here's the big question. Is mead a type of beer? Absolutely not.

Although mead may be carbonated and share beer's sweet, semi-sweet or dry taste qualities, the two are completely different.

Beer is boiled and brewed, with a concoction of malted bar-

ley, hops and various ingredients. Once it is cooled, yeast is tossed in to allow it to ferment. The majority of its fermentable sugar is derived from malt sugars boiled out of the barley.

Unlike beer, mead is not boiled or brewed.

The process of making it is similar to wine. It's created by mixing honey and water (with optional fruits, spices, grains or hops) and is then left alone to ferment. The majority of its fermentable sugar is derived from honey.



Make like Game of Thrones' Cersei Lannister and grab a glass of mead. HANDOUT



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Money quiz for couples

PARTNERSHIP

Check if your relationship is financially healthy



People have all kinds of misconceptions about the rules around money and relationships. So here's a quick test to see what you may or may not know about couple's money.

Don't peek at the answers until you've chosen True or False for the following statements:

- 1 It only takes one person good with money in a relationship to make money management work.
- 2 Married partners have the right to speak for their better halves when it comes to medical treatment if their mates can't speak for themselves.
- 3 Getting a joint line of credit is a good way for you both to build your credit histories.
- 4 Once you're living together, splitting everything 50/50 is the way to go when it comes to managing the bills.
- 5 Talking things over and creating a plan means you're more likely to save.

So, how on the money were you?

1 False. If only one person has high self-control, the couple is more likely to fail. According to researchers from Boston College and the University of Pittsburgh, couples of mixed self-control jointly tend toward the lower end of the self-control spectrum, not the higher. Why? It seems that high self-control partners tend to want to please low self-control partners and end up indulging their partner's wants and desires. So instead of pulling the financial idiot into the light, the high self-control person gives in and the money management suffers.

2 False. Not without a power

of attorney they don't. Until you've executed personal care powers of attorney, you don't have any right to say what can and can't be for your mate. While you're at it, make sure you also execute financial powers of attorney so you can take care of the money, too.

3 False. A little known fact is that the credit history for joint credit is only reported in the name of the first person who is listed on the documentation. And the risk you take by having joint credit — except where both signatures are required — is huge. Sure, you know he or she loves you now, but what if your pal goes nutsy-cuckoo and spends all that credit? You're firmly on the hook, baby.

4 False. Yes, 50/50 sounds fair, but that's only true if you're both making a similar income. If one makes more, that person should pay more of the joint expenses so the other person isn't left feeling like a poor mouse. So split your joint expenses proportionate to income.

5 True. A 2013 HSBC survey reports that people saved 49 per cent more if they had a financial plan to save money. The results

were not simply a matter of having more resources to start with, but of using them wisely.

Here are some more questions to think about if you feel like its time to take the next step:

Why are we doing this? People move in together for all kinds of reasons, some of which are really dumb, like, "This will be a good test of our relationship," or "I want to give him a break so he can pay off his bills." Or "We spend so much time together anyway, we might as well live together."

How will this work for us both financially? If one person keeps bringing home new furniture and the other ends up picking up the full rent tab, someone is going to be miserable.

How well do our lifestyles match? What's most important to you? If you don't naturally "match up" how will you bridge your differences?

What are your expectations? Get on the same page in terms of what you expect from your 'buddy' before you turn them into a life partner.

How will we fight? How will you negotiate the things that create conflict?

True or False

- You only need one person to be good with money.
- Once you're living together, splitting everything 50/50 is the way to go.

NETWORKING

Play your calling card right
Even though we live in an increasingly digital world, a business card is still critical to networking. Here's everything you need to know about making and using a professional calling card.

Keep it simple: Name, email, phone number and title or field of interest. Add social media links if they present you in a positive

light.
DIY: Most online printers have pre-made templates you can choose from. For something more original, reach out to a designer.

Use them All. The. Time.

It's a good rule of thumb to permanently keep a few business cards in each of your wallets or purses.

Know your etiquette When

someone hands you her business card, hand out yours in return. Jot down some notes on the card, so you remember

why you were going to reach out. Don't forget to follow up! Reach out via email and let them know how nice it was to meet them.

TALENT EGG/METRO U.S.

Quit bad job on high note

RESIGNATIONS

Take this job and show them you can leave like a true pro



When leaving a job you dislike, it can be tempting to tell off your boss and book it for the beach that same afternoon. But while sudden, dramatic departures make potent material for late-afternoon daydreams, real-life resignations should be calculated and respectful. If it's time to quit, don't blow it.

Whether you're finally escaping a toxic environment or simply transitioning to up-the-ladder pastures, you need a solid exit plan. Plot what you'll say and when you'll say it. Book a meeting with your superior for a convenient time of day — such as late morning or afternoon — and practise your talking points aloud in advance.

Keep your speech brief, transparent and appreciative. You don't need to share every detail about your next step but you should be open about your plans. If you have a strained re-



Pfft! Make your exit from that toxic job as professional as the interview that landed you in your amazing new gig. ISTOCK

lationship with your boss, the conversation might be tense. And if you love your present workplace, your resignation might be fraught with guilt and nerves. But stay calm and professional, and express your appreciation. No matter how messy your current situation, it provided a stepping stone for what's next. If an exit interview is requested, provide honest but respectful feedback.

Quitting is a process that doesn't end until you're wrapped up, packed up, and out

the door on your final day. Give your employer fair warning of your departure (two weeks is standard), and establish clear expectations for your final weeks. Spend your last stint wrapping up outstanding deadlines and creating clear instructions for your replacement.

It's likely that you'll end up working with at least some of your current colleagues later in your career. Foster a smooth transition, and you'll leave with a glowing impression — not a ball of flames.

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Many opportunities for nurses in Canada

CAREER OPTIONS

Roles available in various specialties

Jason Menard
For Metro

People who are looking for a career in diverse workplace environments and schedules that fit their specific needs or desires may find nursing to be an ideal pathway to a long and rewarding career.

"With over 300,000 practitioners throughout Canada, we represent the largest group of health-care providers in the nation," said Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association (CNA).

"In nursing you have the privilege of working with people throughout all life experiences."

In many ways, only your interests and your desire limit you.

"You can work through a whole host of specialties — oncology, children's health, surgical nursing, amongst others," Sutherland Boal said, adding that nurses play key roles in providing direct care, preventative care, and can also be found in research, teaching, and administrative fields.



Essentially you can choose a field that best suits your interests based on age, specialty, geography.

Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association

Nurses also work in the private sector, but Sutherland Boal's organization is committed to the preservation and promotion of the public-care system.

In Canada, there are three main nursing professions: licensed practical nurses; registered nurses; and registered psychiatric nurses.

The CNA, formed in 1908, represents registered nurses, making it one of the oldest professional bodies in Canada. And, considering the importance and pervasiveness of nurses throughout the nation, it's easy to understand why.

"You can find nurses in every community and in every geography across Canada," Sutherland Boal said.

"You can find roles in hospitals, in communities, in long-term care centres, in First Nations, rural, and remote areas. And you can find full-time, part-time and casual work, evenings, nights, weekends.

"Essentially, you can choose a field that best suits your interests based on age, specialty,

geography."

And as Canada's population ages, the need for home care is even more pronounced, with people expecting to obtain medical treatment closer to home.

Many nurses are coming into the profession as part of a transition to a second career, Sutherland Boal said.

"We've had people who have had BAs in business, but decide in their 40s that they want to become nurses," she said, adding there are accelerated transition programs available to help facilitate that change.

And for those who leave the nursing profession to enter other fields, the skills and traits that led them into nursing serve them well in many other professions.

"Someone with a nursing background obviously is able to understand the needs of people," she said. "Nurses know how to work with people."

For more information about nursing, visit cna-aici.ca.



Long-term care centres are an alternative workplace for nurses. SHUTTERSTOCK

Ottawa nurse calls her job one of the most rewarding professions

The day after graduating from Memorial University in her native Newfoundland, Teri Wellon boarded a plane bound for Ottawa, where she'd been offered a nursing job in the emergency room at the Queensway Carleton Hospital.

That was 10 years ago. These days, Wellon works in the mother and baby unit, a much-needed change of scenery after more than six years in the ER.

"It was what I wanted to do — be an emergency room nurse — and I loved it for many years, but it's a very stressful place to work and I was honestly getting kind of burnt out and I needed a change; I wanted to go somewhere a little happier and a little less stressful," Wellon says.

Regardless of the department, though, Wellon believes the perks of the job are endless, calling it one of the most rewarding profes-



Teri Wellon CONTRIBUTED

sions in the world.

"You're with people at a time when it's often at their weakest point and you're

often that strength that they need to get through a difficult time," she said. "Now, I work in a mostly happy place

but, when I worked in the emergency room, you're dealing with life and death situations on a daily basis and it's



When I worked in the emergency room, you're dealing with life and death situations on a daily basis and it's very rewarding to know that you're there for people — you literally save people's lives. Teri Wellon

very rewarding to know that you're there for people — you literally save people's lives. I could never compare anything to that. It's just an unbelievable feeling."

Of course, helping others comes at a cost, namely missing out on quality time with family. Wellon is married with a toddler and another baby on the way so life is a delicate balance.

"It's a very hard job," she said. "We get paid well but we work 12 hour shifts, we're often away from our families for extended periods of time and we work holidays and weekends. For the rest of our

lives, we're resigned to knowing that every second Christmas is going to be spent away from our family."

That's especially hard for Wellon, whose two-year-old son, Watson, was born on Christmas Eve. Still, wanting to help people, Wellon admits, is just a part of who she is.

"Being a nurse is not just a job, it becomes who you are. You're kind of always on duty, whether you're on a plane or at a hockey game, when something happens, you're there so it kind of takes over your life but in a good way."

JEN TRAPLIN/FOR METRO



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LeBron kills Bulls' buzz

NBA PLAYOFFS

Cavs superstar wins game with jumper at the buzzer

LeBron James hit a jumper from the corner at the buzzer to give the Cleveland Cavaliers an 86-84 victory over the Chicago Bulls on Sunday, tying the Eastern Conference semifinal series at 2-2.

James finished with 25 points to help the Cavaliers win in another wild finish, returning the favour after Chicago took Game 3 on Derrick Rose's banked three-pointer at the buzzer.

This time, James got whistled for an offensive foul when he elbowed Mike Dunleavy Jr. That led to a tying layup by Rose with just under 10 seconds left.

But instead of going to overtime, James ended it with the jumper from the corner over Jimmy Butler.

Game 5 is Tuesday night in Cleveland.

James rolled his left foot in the third quarter. He committed eight turnovers in the game and struggled again from the field, hitting 10 of 30 shots after going 8-for-25 in Game 3. But he also had 14 rebounds and

GAME 4 In Chicago

86 CAVALIERS
84 BULLS

eight assists.

Kyrie Irving, playing with a sore foot, shot 2-for-10 and had 12 points and two assists.

Timofey Mozgov had 15 points and nine rebounds. J.R. Smith came on strong down the stretch, scoring all but two of his 13 in the fourth quarter.

Rose scored 31 points and Butler added 19 for Chicago, which was playing without Pau Gasol. He sat out with a strained left hamstring, and his status for Game 5 is in question.

Rose hit two free throws with 1:32 remaining to make it 82-79, but he missed a three-pointer with about a minute remaining after Joakim Noah took a charge against James.

Cleveland's superstar then hit two free throws to make it a five-point game.

Butler buried a three with 27 seconds left to cut it to 84-82.

The Cavaliers called a timeout with 21.2 seconds left and burned two more timeouts trying to inbound it. They finally got the ball to James, who then got whistled for elbowing Dunleavy. THE ASSOCIATED PRESS



Cavaliers forward LeBron James, left, is mobbed by teammates after scoring the game-winning basket against the Bulls in Game 4 of their second-round playoff series on Sunday in Chicago. NAM Y. HUH/THE ASSOCIATED PRESS

IN BRIEF

Red Sox double up Blue Jays to avoid sweep

Mike Napoli and Pablo Sandoval homered as the Boston Red Sox defeated Toronto 6-3 on Sunday afternoon at Rogers Centre to end the Blue Jays' three-game winning streak.

Napoli hit a three-run shot in Boston's four-run first inning and Sandoval added a two-run blast in the fifth off Blue Jays starter R.A. Dickey. Chris Colabello had three hits for Toronto, which fell back to the .500 mark at 16-16 with the loss.

Clay Buchholz worked 6-1/3 innings for the Red Sox (14-17), who picked up their second win in nine games. THE CANADIAN PRESS

Fowler wins Players Championship in playoff

There was nothing overrated about Rickie Fowler at The Players Championship.

Criticized this week by his peers as an under-achiever, Fowler answered with the greatest finish in the 34-year history at the TPC Sawgrass. He rallied from a five-shot deficit on the back nine by playing the final six holes in 6-under par. He made birdie from inside six feet three times Sunday on the island-green 17th.

The last one made him a sudden-death playoff winner over Kevin Kisner. Sergio Garcia who had a putt to win in regulation, was eliminated in the three-hole playoff.

THE ASSOCIATED PRESS



Rickie Fowler
GETTY IMAGES

HOCKEY

Canadian grinders find holes in Swiss at worlds

When coach Todd McLellan challenged Canada to play better at even strength, Sean Couturier and the fourth line answered the call.

Couturier had a goal and two assists as Canada remained undefeated at the world hockey championship with a 7-2 rout

of Switzerland on Sunday.

Couturier and linemates Cody Eakin and Tyler Toffoli were a problem for the Swiss all game, causing turnovers and getting to loose pucks to create three even-strength goals.

Sunday's win comes a day after Canada struggled to a

4-3 victory over France. McLellan suggested after the game that Canada could improve its 5-on-5 play.

"As a fourth line, when we get out there we try to keep it simple and create some momentum for the team by fore-checking and getting to the

puck first, winning battles and creating turnovers," Couturier said after being named Canada's player of the game. "Tonight we capitalized on some chances and hopefully we can build on that and carry that on for the next few games."

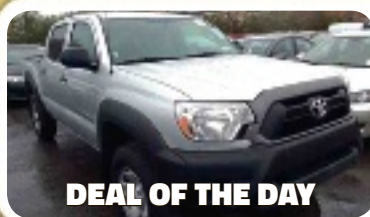
Canada (6-0-0) clinched first

place in Group A with the win and will face the fourth-place team in Group B in the quarter-finals.

Eakin, Tyler Seguin, Nathan McKinnon, Aaron Ekblad, Jordan Eberle and Claude Giroux also scored for Canada.

THE CANADIAN PRESS

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RECIPE Roasted Brussel Sprout Salad with Apricots and Toasted Almonds



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Great summer salad. Feel free to add grilled chicken, steak or fish to make a complete meal.

Ready in

Prep time: 10 minutes
Cook time: 15 minutes
Serving size: 6

Ingredients

- 1½ lb trimmed Brussel sprouts, cut into quarters
- Dressing
- 2 Tbsp olive oil
- 3 Tbsp orange juice
- 2 tsp Dijon mustard
- 1 tsp grated orange rind
- ½ tsp minced garlic
- Salt and pepper
- 10 dried apricots sliced thinly
- 1/3 cup toasted sliced almonds

Directions

1. Preheat oven to 425 F. Place quartered sprouts on baking sheet sprayed with vegetable oil. Roast for 15 minutes or just until tender and browned.

2. To make the dressing: combine oil, juice, mustard, rind, garlic, salt and pepper.

3. Place Brussel sprouts in serving dish, add sauce and apricots and garnish with toasted almonds.

Nutrition per serving

- Calories 169
- Protein 5.8g
- Carbohydrates 20.8g
- Fibre 6.6g
- Total fat 8.2g

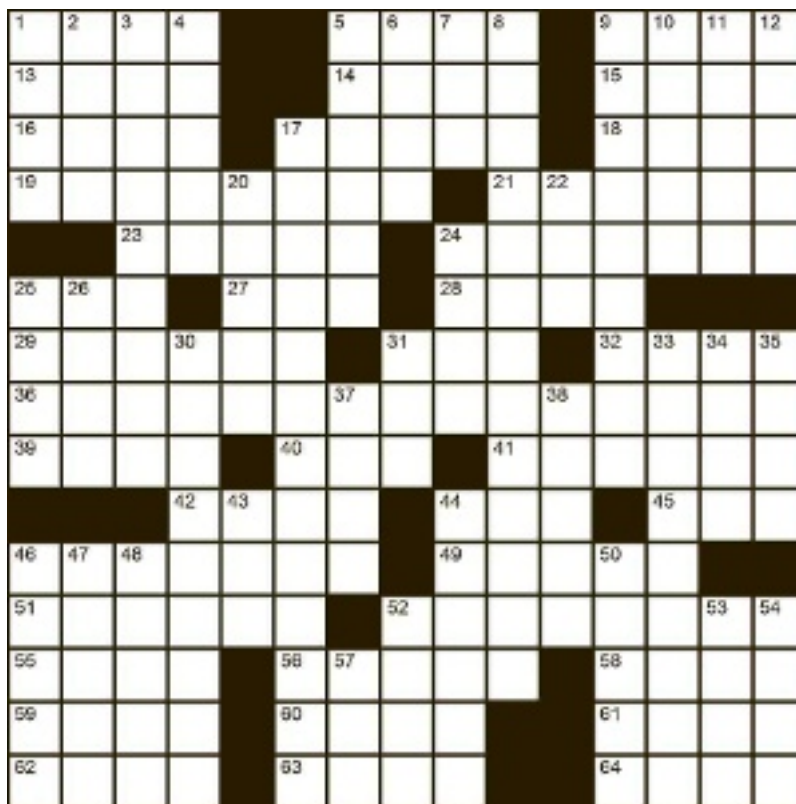
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Fido-created effects
- "Begone, bug!"
- Music key: letter + abbr.
- Telegram
- Pope name
- Costa __
- International oil gr.
- __ acid
- __ medio (Year and a half, in Spanish)
- Round Table member
- Bluegrass performer Ms. Krauss
- :
- __ Cut (Style of #3-Down by McCain)
- "Yuck."
- Hosp. areas
- Give __ (Display friendly doggie behaviour)
- Fine-tune
- Before
- Morns followers
- Like a whale coming into the world via a pool rather than an ocean: 3 wds.
- Singer Mr. Stone's
- Former kitten
- Ireland-set 2002 Pierce Brosnan movie
- Particular
- Mr. Levin
- Real estate database, commonly
- Saskatchewan village; or, Grant of "Eight Is Enough"
- Cable news channel
- Q. "What Sarah



McLachlan song starts 'Spend all your time waiting...?' A. "'_' _ believe."

52. Navy ships formation

55. Prefix to 'metric' (Type of pressure)

56. WWII-era positioning system,

commonly

58. Actress Jessica

59. Stead

60. Plunder

61. Sports org.

62. Once, poetically

63. Carlisle Cul- len's wife in 'Twilight' movies

64. Those, in Spanish

DOWN

- No-show stat.
- Actress/host Kelly
- New Brunswick town at #17-Down = ' __ Capital of

the World'

4. Fresco-__ (Painting technique)

5. Cereal utensils

6. To the __ (Fully)

7. Yes: French

8. Legendary Montreal-born jazz pianist/composer: 2 wds.

9. Instant insight/

inspiration

10. Belarus' capital

11. Keep __ head (Remain calm)

12. Toronto-born actress Ms. Eastwood

17. __-Bristol (Global headquarters of McCain Foods Canada)

20. 1985 movie (co-starring John Malkovich) for Canadian actress Kate Nelligan

22. __ Fail (Irish coronation stone)

24. Fish type

25. __ City: Latin

26. Earth sci.

30. Bryan Adams song: 2 wds.

31. Butter portion

33. Silver screen scenes snip-pets: 2 wds.

34. Texter's sign-off, e.g.

35. Equivalent words [abbr.]

37. Arrived

38. " __ to suck your blood!" ...exclaimed the vampire

43. __ Aviv, Israel

44. Tardy one's self-observation: 2 wds.

46. Movie star Clark

47. Where an elated person dances: 2 wds.

48. Monsters

50. Church book

52. Gift tag word

53. Toy building block

54. Unfortunately

57. Sharon's hubby/Jack's dad ...his initials-sharers

* IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Do something today that takes the object of your affection by surprise. Think of the most romantic thing you could do, then do it and watch their passion ignite. And plan a trip away together for later in the week or next weekend.

Taurus April 21 - May 21
Mars leaves your birth sign tomorrow, so if there is anything that needs finishing you should knuckle down and get on with it now. Your efforts will not go unrecognized or unrewarded — the powers that be have been watching.

Gemini May 22 - June 21
You don't like to be suspicious but if someone offers you something for nothing today it will pay you to find out if they are up to something.

Cancer June 22 - July 23
If you do a good deed or make some kind of sacrifice for a friend or relative over the next 24 hours you are sure to receive a reward or compensation.

Leo July 24 - Aug. 23
You have been trying too hard to win friends and influence people and when you try too hard at anything it tends to have the opposite effect to what you desire. However, don't take that to mean you should not try at all.

Virgo Aug. 24 - Sept. 23
There is something you want to do but your instincts tell you it won't go down well with certain people. That's settled then: You are going to do it! You are in one of those moods when you enjoy causing a bit of chaos.

Libra Sept. 24 - Oct. 23
You may be tempted to own up to some kind of indiscretion, simply to get rid of the guilt feelings you have been carrying round, but is that such a good idea?

Scorpio Oct. 24 - Nov. 22
It's unlikely that you will be in a sociable mood today but that's okay because you have important things to think about and you will only do them justice if you cut yourself off from the world.

Sagittarius Nov. 23 - Dec. 21
You may not be your usual extrovert self today but even a Sagittarius needs to take things easy once in a while and according to the planets this is a great time to switch off and not worry too much about the world around you.

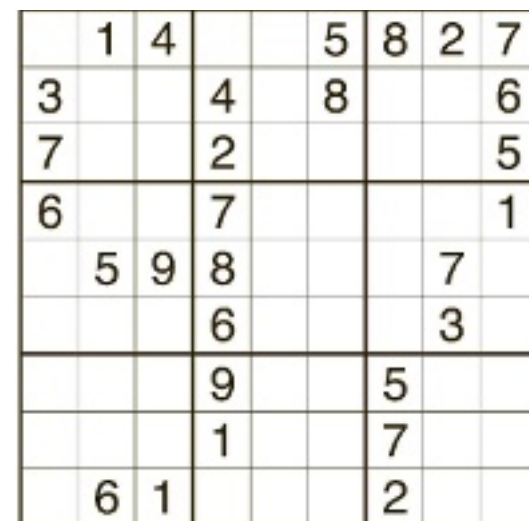
Capricorn Dec. 22 - Jan. 20
Something you do — or don't do — will shock those who see you as the one person who can always be depended on, but maybe that's the idea.

Aquarius Jan. 21 - Feb. 19
This is an excellent time for partnerships and affairs of the heart. Let those who mean something to you know how much you respect and care for them.

Pisces Feb. 20 - March 20
Others may not agree with what you intend to do today but that won't worry you in the slightest. Too often lately you have allowed others to control your behavior because you did not want to rock the boat. Now give it a really good shake!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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